

OKLAHOMA CERTIFIED NURSING ASSISTANT (CNA) STATE PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. If a patient is incontinent and needs peri care, what supplies are typically needed?**
 - A. Gloves, two warm washcloths or adult wipes, and cleansing foam
 - B. Just gloves and a towel
 - C. Warm water and soap
 - D. A sponge and baby powder
- 2. Which axillary temperature is considered abnormal?**
 - A. 97.5 degrees
 - B. 98.6 degrees
 - C. 99.4 degrees
 - D. 99.6 degrees
- 3. Which of the following is NOT a benefit of personal hygiene practices?**
 - A. Decrease circulation
 - B. Increase comfort
 - C. Improve self-esteem
 - D. Enhance overall well-being
- 4. Which practice is NOT recommended for cleaning dentures?**
 - A. Using hot water
 - B. Cleaning them over a basin
 - C. Using a soft brush
 - D. Storing them in cool water
- 5. Which resident does not need to have raised side rails?**
 - A. A resident who can be up without help and who is aware
 - B. A resident with mobility issues
 - C. A confused resident
 - D. A resident who requires assistance for all activities
- 6. How should you safely dress a patient with contractures of an arm or leg?**
 - A. Dress the unaffected area first
 - B. Dress the affected area first
 - C. Only assist with putting on pants
 - D. Let the patient dress themselves

- 7. Which term does NOT mean the process of emptying the bladder?**
- A. Voiding
 - B. Micturition
 - C. Defecation
 - D. Urination
- 8. What should you ensure when using shaving cream during a patient's shave?**
- A. Minimal amount to avoid clogging
 - B. A thick layer for better glide
 - C. No cream to reduce chances of irritation
 - D. Only use water if the cream is unavailable
- 9. When should you ask about a resident's limitations during movement?**
- A. Only when they request help
 - B. Before every move
 - C. After moving them
 - D. At the start of every shift
- 10. After providing mouth care to an unconscious resident, what should be applied to their lips?**
- A. Vaseline
 - B. Petroleum jelly
 - C. Moisturizing lotion
 - D. Chapstick

Answers

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1. A
2. D
3. A
4. A
5. A
6. B
7. C
8. A
9. B
10. B

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Explanations

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1. If a patient is incontinent and needs peri care, what supplies are typically needed?

- A. Gloves, two warm washcloths or adult wipes, and cleansing foam**
- B. Just gloves and a towel
- C. Warm water and soap
- D. A sponge and baby powder

The choice of supplies typically needed for peri care in an incontinent patient includes gloves, two warm washcloths or adult wipes, and cleansing foam. This selection of supplies is important for several reasons. First, wearing gloves is essential for maintaining hygiene and preventing the spread of infection, as caregivers must always protect themselves while caring for patients, especially those who are incontinent and may have fungal or bacterial infections. The use of warm washcloths or adult wipes is critical for the comfort and cleanliness of the patient. Warm water helps prevent discomfort often associated with cold wipes and provides a soothing effect during cleansing. Adult wipes can also be effective for ensuring proper hygiene and are often designed to be gentle on the skin. Cleansing foam adds another layer of cleanliness, especially in areas that are prone to irritation or infection due to moisture. It can help further cleanse the skin and provide a gentle, effective means of care that is convenient and easy to use. In combining these items, the caregiver ensures thorough and compassionate care, which is essential in maintaining the dignity and comfort of the patient while effectively managing incontinence.

2. Which axillary temperature is considered abnormal?

- A. 97.5 degrees
- B. 98.6 degrees
- C. 99.4 degrees
- D. 99.6 degrees**

An axillary temperature of 99.6 degrees is considered abnormal because it exceeds the usual range for normal body temperature. While normal body temperature can vary slightly among individuals, the standard range is typically around 97.6 degrees to 98.6 degrees when measured axillary (under the arm). Temperatures above this range may indicate a fever or possible infection, signaling that further assessment is needed. The other temperatures listed—97.5, 98.6, and 99.4 degrees—fall within or near the accepted normal limits for axillary measurements, making them acceptable and not indicating a health concern in most instances.

3. Which of the following is NOT a benefit of personal hygiene practices?

- A. Decrease circulation
- B. Increase comfort
- C. Improve self-esteem
- D. Enhance overall well-being

The correct answer, which identifies a factor that is not a benefit of personal hygiene practices, is based on the understanding of how personal hygiene affects individuals. Personal hygiene practices, such as regular bathing, grooming, and oral care, are crucial for maintaining health and well-being. They contribute positively to various aspects of a person's life. Increasing comfort is a direct benefit of maintaining good personal hygiene. When individuals take care of their hygiene, they feel cleaner and more at ease in their bodies, which can enhance their daily activities and interactions. Improving self-esteem is another significant benefit of good hygiene practices. When people feel clean and well-groomed, they are often more confident in their appearance, which can boost their self-esteem and how they perceive themselves. Enhancing overall well-being ties into both physical health and mental outlook. Good hygiene practices can prevent illness, promote social interactions, and contribute to a more positive experience in personal and professional settings. On the other hand, the notion of decreasing circulation contradicts the positive effects of personal hygiene. Good hygiene habits, such as physical activity and movement, typically enhance circulation, while poor hygiene or neglecting care can lead to issues like skin infections, which may negatively affect circulation and overall health.

4. Which practice is NOT recommended for cleaning dentures?

- A. Using hot water
- B. Cleaning them over a basin
- C. Using a soft brush
- D. Storing them in cool water

Using hot water to clean dentures is not recommended because it can cause the dentures to warp or lose their shape. Dentures are typically made from materials that can be sensitive to extreme temperatures, and exposure to hot water can damage them, leading to improper fit and discomfort for the user. In contrast, cleaning dentures over a basin is a safe practice as it helps prevent breakage if the dentures slip from the hands. Using a soft brush is also advised because it effectively removes plaque and food particles without scratching the surface of the dentures. Storing dentures in cool water is recommended to keep them moist and prevent them from drying out, which can also lead to distortion. Therefore, the practice of using hot water stands out as the least advisable.

5. Which resident does not need to have raised side rails?

- A. A resident who can be up without help and who is aware
- B. A resident with mobility issues
- C. A confused resident
- D. A resident who requires assistance for all activities

A resident who can be up without help and who is aware does not need to have raised side rails. This is because raised side rails are typically used as a safety measure to prevent falls for individuals who may be at risk due to reduced mobility, confusion, or a need for assistance with activities of daily living. In the case of the resident who is independent and aware of their surroundings, they are likely to be able to maintain their balance and navigate safely on their own. Ensuring that this resident has the freedom to move without unnecessary obstructions like side rails aligns with their independence and ability to self-manage. On the other hand, residents with mobility issues, confusion, or those who require assistance are generally at a higher risk for falls and would benefit from the safety of raised side rails to help keep them secure and prevent accidents.

6. How should you safely dress a patient with contractures of an arm or leg?

- A. Dress the unaffected area first
- B. Dress the affected area first**
- C. Only assist with putting on pants
- D. Let the patient dress themselves

Dressing a patient with contractures of an arm or leg requires careful consideration to ensure comfort and safety. Dressing the affected area first is the correct approach. This method helps accommodate any limitations caused by the contractures and can alleviate any additional strain or discomfort that the patient might experience. When a limb is affected by contractures, it may be stiff or have limited range of motion, making it more challenging to maneuver clothing over it. By dressing the affected area first, the caregiver can facilitate the process more smoothly, ensuring that the clothing fits properly without causing further restriction or discomfort. After addressing the affected area, the unaffected area can be dressed with relative ease. This approach promotes a sense of dignity and respect for the patient's needs, as it allows for a more tailored method of dressing that acknowledges their specific physical challenges.

7. Which term does NOT mean the process of emptying the bladder?

- A. Voiding
- B. Micturition
- C. Defecation**
- D. Urination

The term that does not refer to the process of emptying the bladder is defecation. Defecation specifically describes the process of eliminating solid waste from the digestive tract through the rectum. This process is completely separate from the urinary system, which is responsible for the production and elimination of urine. On the other hand, voiding, micturition, and urination are all synonymous and refer to the act of releasing urine from the bladder. Voiding is commonly used in healthcare settings to describe the process, while micturition is a more clinical term rooted in medical terminology. Urination is the everyday term that most people use when talking about the act of passing urine. Understanding these terms is essential for clear communication in a healthcare setting, particularly for CNAs working with patients' toileting needs.

8. What should you ensure when using shaving cream during a patient's shave?

- A. Minimal amount to avoid clogging**
- B. A thick layer for better glide
- C. No cream to reduce chances of irritation
- D. Only use water if the cream is unavailable

When using shaving cream during a patient's shave, ensuring a minimal amount of shaving cream is important to avoid clogging the razor. A small, appropriate amount allows the blade to glide smoothly over the skin, reducing the risk of nicks and cuts, while still providing the necessary lubrication for a comfortable shave. Excessive cream can lead to build-up on the razor, which may hinder its performance and increase the likelihood of irritation for the patient. It's also vital to balance the amount of product used, as using too thick of a layer could obscure visibility of the skin, making it harder to see any sensitive areas or moles that require special attention. Furthermore, the use of shaving cream is generally preferred over using no cream at all, as it helps to soften the hair and facilitates a gentler shave than just water would provide. Therefore, maintaining the right amount of shaving cream is essential for both the patient's comfort and the effectiveness of the shaving process.

9. When should you ask about a resident's limitations during movement?

- A. Only when they request help
- B. Before every move**
- C. After moving them
- D. At the start of every shift

Asking about a resident's limitations during movement before every move is crucial for ensuring their safety and comfort. This approach helps the caregiver to understand the specific needs and capabilities of the resident at that moment. Each resident may have different levels of mobility and may experience changes in their condition throughout the day, so it is essential to assess their limitations consistently before any physical assistance is provided. Inquiring upfront helps to identify any specific areas of concern, such as pain, balance issues, or previous injuries, which could affect how they are moved. This proactive step minimizes the risk of injury to both the resident and the caregiver and enhances the overall care experience by empowering the resident to communicate their needs clearly. Establishing this habit reinforces a culture of safety and respect, ensuring that each resident's unique circumstances are considered. This routine also encourages residents to feel involved in their care, which is critical for their dignity and psychological well-being.

10. After providing mouth care to an unconscious resident, what should be applied to their lips?

- A. Vaseline
- B. Petroleum jelly**
- C. Moisturizing lotion
- D. Chapstick

Applying petroleum jelly to the lips of an unconscious resident after providing mouth care is important for several reasons. Unconscious individuals are at a higher risk for dry, cracked lips due to their inability to hydrate themselves, and petroleum jelly serves as an excellent barrier to help retain moisture. It also aids in preventing irritation and provides a protective layer that can help address any discomfort caused by dryness. While other products like Vaseline and Chapstick are often used for lip care, petroleum jelly is typically recommended in healthcare settings because it is effective, safe, and non-irritating. It has a thicker consistency that helps to seal in moisture more effectively than some other options. In contrast, moisturizing lotion is generally designed for skin rather than lips and may not offer the same protective benefits that petroleum jelly provides for delicate lip tissue. Thus, using petroleum jelly is a practical choice for promoting comfort and preventing complications for the resident.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://oklahomacnastate.examzify.com>

We wish you the very best on your exam journey. You've got this!

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